



## If you are pregnant or breastfeeding, protect yourself and your baby by getting the COVID-19 vaccine.

Pregnant or breastfeeding people CAN receive the COVID-19 vaccine. Getting the COVID-19 vaccine while pregnant or breastfeeding is safe, effective and recommended by Eisner Health.



### Getting the COVID-19 vaccine while pregnant or breastfeeding...

**...cannot give you COVID-19.** The vaccines do not contain the live coronavirus. They cannot give COVID-19 to the person being vaccinated, an unborn baby in the womb, or a baby that is breastfeeding.

**...will not worsen your side effects.** Reported side effects are the same for pregnant and non-pregnant people.

**...is safe and effective.** The COVID-19 vaccines available in the United States have been studied and tested on pregnant and breastfeeding people. Researchers have also discovered that once vaccinated, you can pass the vaccine's protective antibodies onto your newborn. You have the option to choose the type of vaccine you prefer.

### Which is the best vaccine if I am pregnant or breastfeeding?

The best vaccine is the first one that is available to you. All COVID-19 vaccines while pregnant or breastfeeding are safe and effective and recommended by Eisner Health and the CDC.

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Talk to your Eisner Health provider about the COVID-19 vaccine today.  
To schedule your COVID-19 vaccine appointment visit [eisnerhealth.org/vax-preg](https://eisnerhealth.org/vax-preg)  
or call (213) 747-5542.

